



COUNTYWIDE FITNESS CHALLENGE 2016



BE ONE WITH NATURE!

Join us for a day of family fun. Always wanted to try Zumba?
Now's your chance!

CIRCUIT TRAINING

ZUMBA

5K RUN

FITNESS POWER WALKS

SOFTBALL PLAYOFF

EXERCISE SESSIONS

NATURE WALKS

FREE GIVEAWAYS
DRAWING PRIZES

Alondra Community Regional Park

3353 Redondo Beach Boulevard
Lawndale, CA 90260
(enter at Yukon Avenue)
2nd Supervisorial District

**Saturday,
September 10, 2016**

8:00 a.m. – Noon

RSVP to secure your giveaways at
<http://employee.hr.lacounty.gov/countywide-fitness-challenge-2/>



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